

# JAX AIR NEWS

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NAS Jacksonville, Fla.

July 26, 2001

## U.S. Coast Guard's newest aviation unit changes command

**By Lt. Craig Neubecker**  
HITRON-10 PAO

Nearly 100 invited guests and dignitaries were in attendance as Commander of Helicopter Interdiction Tactical Squadron (HITRON) 10, Cmdr. Mark "Roscoe" Torres passed command of the Coast Guard's newest law enforcement unit to Capt. Robert McLaughlin July 10 during a change of command ceremony held at Hangar 13 on Cecil Field.

Helicopter Interdiction Tactical Squadron Ten or HITRON-10, is the Coast Guard's new Armed Drug Interdiction helicopter unit, and is currently the only military unit based at Cecil Field. The unit operates eight MH-68A "Mako Shark" helicopters to fight America's war on drugs. The unit is the only one of its kind in the entire United States military - flying armed heli-

copters to battle the drug war.

Guest speaker for the ceremony was Rear Adm. Terry M. Cross, Assistant Commandant of Operations for the United States Coast Guard. His responsibilities encompass not only oversight of Coast Guard Search and Rescue operations, but also National Defense and Law Enforcement Operations. Law Enforcement includes the drug interdiction mission, and therefore Cross was uniquely qualified to speak at the change of command ceremony of the Coast Guard's premier drug interdiction unit.

Commander Torres was the first to command HITRON-10, which was a classified program when it began as an experimental test and evaluation program in late 1998. During the test and evaluation stage of the program, HITRON-10 intercepted and stopped every illegal smuggler encountered. This



**Capt. Robert McLaughlin assumes command of Helicopter Interdiction Tactical Squadron (HITRON) 10 from Cmdr. Mark Torres during a ceremony July 10.**

totaled five go-fast boats, with 2,640 pounds of cocaine, and 7,000 pounds of

*See Coast Guard, page 21*

### Hitting the road

Three-year-old Katie Daugherty takes part in a recent Bicycle Rodeo at Yellow Water Youth Center sponsored by NAS Jacksonville's Security Department. The event stressed safety on the streets. See story page 16 and 17.



*Photo by JO2(SCW) Eric T. Clay*

## 'Scouts' Sailor rescued by HS-3 after fall from USS Enterprise

**By Lt. Jacob Abrams**  
VS-24 PAO

Sea Control Squadron (VS) 24 Sailors realized just how dangerous an aircraft carrier flight deck can be July 13.

During daytime flight operations, ATAN Joshua Bland was blown off the deck of USS Enterprise and into the Mediterranean Sea by the exhaust from "Scout" aircraft 704.

Luckily, Bland survived the fall with minor injuries and was immediately spotted by fellow "Scouts" and Enterprise Sailors. Leading the rescue effort was NAS Jacksonville's own Helicopter Antisubmarine Squadron (HS) 3, also deployed aboard USS Enterprise.

Within minutes, an HS-3 SH-60 helicopter piloted by Lt. Cmdr. Paul Esposito and Lt. Ryan Keys was in position to save Bland. The hoist was operated by AW1 Michael Thayer and AW1 Ronald Jankowski was the rescue swimmer. Their efforts saved a very lucky "Scout." Their continuing efforts make naval aviation

safer for all involved. Bland survived this incident, suffering only minor cuts and bruises from his 60-foot fall and face-first impact with the water. He can credit perfectly operating safety equipment and Jacksonville's top-notch helicopter squadron for his good fortune.

Today, the "Scouts" continue to operate unabated with this safety lesson fresh in their minds.



**ATAN Joshua Bland is carried from an HS-3 helo wet, but unharmed.**

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Jax Air News online: [www.nasjax.navy.mil](http://www.nasjax.navy.mil)

Meet a Sailor... LN1 Mary Richardson



**Job title/command:** LPO of SJA Office, CNRSE

**Hometown:** Natehez, Miss.

**Past Duty Stations:** NLSO Charleston, SC., NLSO Det. Rota, Spain, USS Simon Lake Holy Loch, Scotland and HSL-31, NAS San Diego.

**Family Life:** Single.

**Career Plans:** Retire at 20 years. Earn Legal Assistant degree at FCCJ.

**Most Interesting Experience:** Serving in Holy Loch and Rota.

**Words of Wisdom:** *"There is nothing worse than doing something very well that should not not have been done at all."*

Meet a Civilian... Tamara Holland



**Job title:** Medical Assistant / OBGYN

**Hometown:** MacClenny, Fla.

**Past Duty Stations:** None.

**Family Life:** Two children- Jordan and Jessica and a dog, Prissy, that she considers part of her family.

**Career Plans:** To finish becoming a Registered Nurse.

**Most Interesting Experience:** Went to Nashville and made a record.

**Words of Wisdom:** *"Spend time with your parents because they leave you too soon."*

No systemic problems in absentee ballots, IG says

By Jim Garamone  
American Forces Press Service

The DoD Inspector General found “no systemic problems” in the department’s handling of overseas absentee ballots during the 2000 election.

“The Inspector General along with testimony by the General Accounting Office to the House Armed Services Committee reiterated that their reviews uncovered neither systemic problems nor significant discrepancies of the DoD Federal Voting Assistance Program” said Charles Abell, assistant secretary of defense for force management policy.

While there were areas for improvement, the IG did not find “that the program failed,” he said.

Military members, their families and civilians assigned overseas have the same right to vote as American citizens here in the United States, Abell said during a Pentagon press conference June 22. “we in the Department of Defense must do all that we can to ensure this right is not diminished by virtue of their overseas, deployed or shipboard assignment.”

It is DoD’s responsibility, through the Federal Voting Assistance Program to educate the military community in the voting process and enable them to exercise their rights to vote.

The DoD IG found that the voting assistance program was not consistent among the services. Abell said his office, working with the FVAP, would work to make the process in the services consistent with DoD.

The IG recommended that the Federal Voting Assistance Program office continue to work with state election officials to resolve absentee voting problems. These include trying to standardize the various states’ requirements, differing voter residency requirements, simplifying the overseas ballot process and working with states to test and use new technological solutions for the absentee balloting process.

Also the IG recommended that DoD revise its guidance to require the services to name Unit Voting Assistance Officers and to specify the maximum number of people any one officer should support.

The 2000 election actually saw a record high overseas participation rate of 72 percent.

A total of 74 percent of all members of the uniformed services voted - 72 percent overseas, 76 stateside. Overall, only 51 percent of all eligible Americans voted.

The FVAP provided assistance to 258,000 active duty military personnel, 118,000 family members and 87,000 DoD civilian employees stationed overseas, Abell said.

Abell said the IG also found no systemic problems in the Military Postal System. All mail is supposed to have postmarks that have the date and originating address.

News reports following the vote in November said some military absentee ballots were disqualified because they did not have postmarks. Abell said the DoD IG did not address this allegation.



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CREDO

Vacant District 6 Senate seat to be filled in Sept. 25 election

On Aug. 14, Republican voters will vote to select a candidate to run in the general election on Sept. 25, 2001 for the District 6 Senate seat vacated by Jim Horne. Republican candidates are W.C. Gentry, Steven Richardson and Steve Wise. District

6 includes portions of Duval, Clay and St. Johns Counties. Absentee Ballot Request forms and other voter information are available through Voting Assistance Officer Eileen Wadding in Bldg. 1, Room 111A. Call 542-4026. Your vote does count.

JAX AIR NEWS

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# Florida passes comprehensive election reform

## From Department of Defense

Following the Florida 2000 Presidential election, the Florida legislature passed and Governor Jeb Bush signed into law, a comprehensive election reform package. The legislation does away with punch card balloting throughout the state and allows only one primary in the 2002 election; previously two primaries were permitted.

Also included in the bill were several items that directly affect absentee voters covered by the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA).

First, Florida will allow for the electronic transmission of election materials. Election officials will be able to accept a request for the absentee ballot (an FPCA), send a blank ballot, and accept a voted absentee ballot by facsimile machine or other electronic means from overseas voters.

Next, the legislation creates a state written ballot. An overseas voter may request this ballot, beginning 180 days before a general election, from the supervisor of elections in their county of residence. The voter will need to state that due to military or other contingencies preclude normal mail delivery, the voter cannot vote an absentee ballot during the normal absentee voting period. State write-in absentee ballots shall be available 90 to 180 days prior to a general election.

The third involves late registration. An individual or accompanying family member who has been discharged or separated from the Uniformed Services, Merchant Marine or from employment outside the territorial limits of the United States may register, after the books close for an election, until 5 p.m. on the Friday before the election.

Finally, if a national or local emergency or other situation arises which

makes substantial compliance with the provisions of state or Federal law relating to the methods of voting for overseas voters impossible or unreasonable, the Florida Elections Canvassing Commission may adopt rules to facilitate absentee voting by those persons directly affected who are otherwise eligible to vote in an election. This would include armed conflicts involving United States Armed Forces or mobilization of those forces and extend to state National Guard and reserve components as well.

These are four of the initiatives we requested Florida to consider to assist UOCAVA voters.

The bill takes effect on Jan. 1, 2002.

**Florida District 6  
holding election.  
See page 2**

## Nominees sought

### Clay Chamber to honor military members, spouses

Clay County wants to recognize their military person, spouse and reservist of the year.

If you know a Clay County active duty military resident, a spouse of an active duty person, or a reservist who is active in our community and deserves a pat on the back, let us know. We would like to honor them at the 24th Annual Military Appreciation Luncheon Sept. 26.

Please contact the Clay Chamber at 1734 Kingsley Ave., 264-2651, for the criteria and a nomination form. Forms can also be picked up at the Greater Jax USO Office at NAS Jacksonville and Orange Park Comfort Inn. Deadline for nomination applications is Sept. 5. Tickets for the luncheon are available at the Chamber for \$25. Call 264-2651 for sponsorships and additional information.

*Editor's Note: An article announcing TPU's Change of Command ran in last week's Jax Air News one week early, erroneously indicating that the ceremony was to be on July 20. It actually takes place tomorrow, July 27.*

## Talbert relieves Van Iderstine at TPU tomorrow

**By Debra Chenoweth-Bravo**  
TPU PAO

Cmdr. Cynthia J. Talbert will relieve Cmdr. Robert E. Van Iderstine, as Commanding Officer of Transient Personnel Unit (TPU) at 10 a.m. tomorrow. The Change of Command Ceremony will be held at the Bachelor Officer's Quarters Pavilion. Retired Navy Rear Adm. William W. Pickavance, Jr., former Director of Operations, United States Pacific Command will serve as the guest speaker.

Talbert is a native of Hartsville, S.C. She has a Bachelor of Science Degree in Psychology from the University of Maryland and a Masters of Science Degree in Counseling and Human Development from Troy State University. Talbert enlisted in the Navy in 1972 and received her commission through the Limited Duty Officer Program after serving 13 years in the Navy and advancing to Senior Chief Personnelman.

Prior to her commissioning, assignments included: Defense Systems Management College, Keflavik, Iceland; Naval Support Activity, Fort Belvoir, Va.; Bureau of Naval Personnel, Washington, D.C.; HSL-37; Personnel Support Detachment, Barbers Point, Hawaii; Personnel Support Detachment Seattle and Commander in Chief, U.S. Naval Forces Europe. After commissioning, she served as the Ad-

ministrative Officer on the USS Emory S. Land (AS39). Following completion of this tour, she was nominated and selected to serve as the Surface LDO/CWO Detailer. She then reported as Officer In Charge of Personnel Support Detachment, Pensacola, and later as the Director of Administration at the Navy Recruiting Orientation School. In May 1996, she served as the Administrative Officer onboard USS Nimitz (CV-68). She reported to Commander, Fleet Air Mediterranean as his Flag Secretary in November 1998.

Talbert reported as the Executive Officer, Personnel Support Activity, Europe in June 1999.

Talbert has been awarded numerous commendations over her career.

Van Iderstine is a native of San Francisco, Calif. He has a Bachelor's Degree of Arts in Sociology from the University of San Diego and a Masters of Arts Degree in Counseling from National University. Van Iderstine entered the Navy in 1968 and received his commission in 1981 through the Limited Duty Officers Program.

Prior to his commissioning, assignments included: Training Squadron (VT) 9; USS Henderson (DD-785); USS Proteus (AS-19); Naval Amphibious Base, Coronado, Calif.; USS Ranger (CV-61). After commissioning he reported to the Naval Construction Training Center, Gulfport, Mississippi

as Administration Officer and Legal Officer. His next assignment was to the USS Puget Sound (AD-38), as Personnel Officer and later, as the Administrative Department Head. In 1986 he reported to Personnel Support Activity Detachment, London, United Kingdom, as Officer in Charge. That tour was followed by assignment as Flag Secretary to Commander, Naval Air Systems Command, Washington, D.C. He next reported to USS Kitty Hawk (CV-63) where he served as Administrative Department Head. While assigned to the "Hawk", he made a Western Pacific deployment in which Kitty Hawk provided a military presence off the Korean Peninsula during

the United States/North Korean nuclear proliferation negotiations. In July 1995, he assumed duties as Officer in Charge of the Personnel Support Activity Detachment, Naval Air Station, Meridian, Miss. He was next assigned as Executive Officer, Personnel Support Activity, Europe. In July 1999, Van Iderstine reported to his present assignment as Commanding Officer, Transient Personnel Unit, NAS Jacksonville, Fla.

Van Iderstine is qualified as a Surface Warfare Officer and has received numerous commendations.

He is married to the former Jerry Nell Lovorn of Meridian, Miss. and has one son, Eric.



**Cmdr. Robert E. Van Iderstine**



**Cmdr. Cynthia J. Talbert**

# HS-11 prepares families for deployment

**Story and photos by Loren Barnes**  
*Editor*

With just two months to go before deploying aboard USS Theodore Roosevelt, Helicopter Antisubmarine Squadron (HS) 11 is "getting into the mind set," for deployment according to "Dragonslayers" Commanding Officer Cmdr. Brent Canady.

Preparations include girding squadron family members for six months of separation from their loved ones. A big step in the process came last

Wednesday when the squadron sponsored a "Pre-Deployment Fair" in their hangar spaces.

About 200 personnel and family members turned out for the fair that was coordinated by Lt. Dylan Montes. The event was designed to provide contacts, resources and information for squadron family members to use during the six-month deployment, Montes said.

Several base activities were on hand to meet the family members and offer valuable assistance. These included the Chief Staff Officer from Helicopter Anti-Sub-

marine Wing Atlantic, the Navy - Marine Corps Relief Society, the USO, Fleet and Family Support Center Jacksonville, TRICARE, Station Security, Legal Services, the Base Chapel, and HS-11's Administrative Department.

As to where the squadron stands in preparing for deployment, Skipper Canady said,



**Cmdr. Brent Canady addresses squadron family members at the HS-11 Pre-Deployment Fair last Thursday.**

"We're ready now! We have one more Joint Task Force Exercise (JTFEX) at the end of the month and then return on Aug. 30 to deploy on the Roosevelt on Sept. 18." Canady continued, "We just returned July 3 from a highly successful five and one half week, Composite Training Unit Exercise (CompTuEx).



**Brittany Olayos, 11, checks out the cockpit of a squadron helicopter under the supervision of Lt. Bryan Peeples.**

*Continued on page 5*



*Continued from page 4*

Tactically, we're ready to go to sea, we just have to get the mind-set, mentally ready."

Canady said that the Pre-Deployment Fair is a great way to ease the squadron crewmen into the cruise mode and to ensure they're making arrangements to make life easier for their families while they're away. "I tell my people that family is the most important thing," Canady said. "Take care of your families first." He continued, "I want them to know that their families are in good shape back here. And this Pre-Deployment Fair helps accomplish that. If a spouse or family needs something, they now know they can call on people like Tammy Barrett, our ombudsman, or retired Navy Capt. Bill Kennedy at the USO and get help. If they have financial problems, loneliness issues or if their washer is broke, they now have a name and a face they can go to for help with such problems."

One couple taking full advantage of the fair was AO1(AW/NAC) Gregory Perrine and his wife, Lisa. The Perrine's were there with their one-month-old baby, Kaitlyn, picking up information and making contacts. Barrett explained that they had only been married a short time and with his wife still "in the dark" about his job and the Navy he insisted that they attend the pre-deployment fair. "I told her, 'We're going!'" Barrett said. "It's a good deal, a chance for her to put names with faces with some key people in the command, such as the command master chief and the ombudsman. Hopefully, after tonight she won't be so in the dark and she will be ready when I have to go."

Besides the reassurance of just knowing there are people to turn to, the fair also provided solid assistance with the basic arrangements that the families need to attend to when preparing for deployment. Legal Services provided information on such vital things as wills, powers of attorney and Servicemen's Group Life Insurance (SGLI) beneficiary designation. TRICARE explained the



**USO Director Bill Kennedy chats with squadron family members.**

fine points of accessing health care during the deployment and Security was on hand to help parents register and fingerprint their children for the Project Ident-A-Kid program. And of course, the Fleet and Family Support Center and Navy-Marine Corps Relief Society representatives explained the wide range of programs they offer. These organizations can be a big help with financial problems and family counseling.

Canady, who has made six deployments himself, said that much has been done in recent years to make deployments easier on families. He pointed out that e-mail has made things much easier for deployed Sailors and their families.

While deployment still has its stressors, the virtually instantaneous ability to correspond is a vast improvement over the old mail system that often took weeks to get mail through. "Now with email, managing the little problems is a lot easier," he said.

During his remarks, Canady called on the squadron family to pull together. "It's our job to look after your loved ones while we're at sea," he said. "I trust that you'll look after each other."



**HS-11 Ombudsman Tammy Barrett provides information to AO1(AW/NAC) Gregory Perrine and his wife Lisa. The squadron ombudsman links families to the squadron chain of command during deployments.**

## Hey, Money Man!



### Hey, MoneyMan!

I just transferred to NAS Jax from Washington D.C. and I heard that you could get tickets to the Jacksonville Jaguar games from someplace on base. That's great because we could never go to a Washington Redskins game. They were always sold out. Do you know anything about this?

### MoneyMan Sez:

Welcome to Jacksonville! For years this city has had a great relationship with the military and, in that spirit, the Jaguars do make tickets available to service members and their families. According to the executive director of the USO, Capt. Bill Kennedy, USN (Ret.) there are two super specials going on right now! All active duty military, retirees and reservists can purchase season tickets for one season only. Normally season ticket holders must purchase the tickets for three years. These tickets are in the nose bleed section, but they offer a great view of the game at a great price. Total cost for the season, including two pre-season and eight regular season games, is \$134.10. That is \$13.41

per game to see such teams as the Super Bowl Champions, Baltimore Ravens, the Pittsburgh Steelers, the Green Bay Packers, or the Tennessee Titans play. The first pre-season game is Aug. 10, against the Carolina Panthers. These tickets are available only through Aug. 3. The second special is the regular individual tickets in the USO section in the north end zone known as the "Cage of Rage." These tickets are limited to active duty personnel only and cost \$6 (yes, just \$6) each. Single Sailors can purchase two tickets and married Sailors can buy up to four if they are married and have two children. One thing new this year is that uniforms are no longer required in the USO section. What a great way to spend a Sunday afternoon with your friends and family! Tickets will be available on July 30 for the first pre-season game against the Panthers. You may contact the USO at 778-2821. You may also purchase tickets from MWR at the ITT office for all home games. The price for these "regular" tickets is \$48.25 and you can call 542-3318 for more information.

### Hey, MoneyMan!

My wife is complaining that I will never make enough money in the Navy. She says we will always be poor, but my chief told me we were better off than most people. Can we ever get ahead?

### MoneyMan Sez:

Ahead of what? Ahead of whom? We Americans should always be thankful for what we have! Most of us have jobs and a decent place to live. In fact, the average American is five times better off than those living anywhere else. Five times! If you are one of only 280 million people living in the United States of the more than 6 billion people in the world, you are much better off than most folks!

## USO offers Jaguars tickets

USO is pleased to announce that the Jacksonville Jaguar 2001 season is just around the corner.

The USO, once again, will have on hand USO tickets for each home game, including the two preseason games, for our active duty service men and women in the greater Jacksonville area.

Overall ticket distribution will be controlled at the USO Centers at the main gate of NAS Jax and Mayport Road. Each ticket will cost \$6, with maximum of two tickets per single active duty member and four for married active duty (spouse/children). Tickets will go on sale approximately two weeks prior to each scheduled home game.

USO is delighted to have this part-

nership with the Jaguar organization in giving special consideration to our Armed Forces.

All active duty and family members attending must show appropriate active duty ID at the USO Gate. Wearing command ball caps is authorized and encouraged as a great opportunity for our young men and women to show military presence and enjoy the excitement of the NFL in this great city.

Tickets for the first preseason game, Aug. 10, against the Carolina Panthers will go on sale July 30.

Overall coordinator for the Jaguar tickets is Bill Kennedy, USO Executive Director. Call 778-2821/542-3028, and Bob Higgins at Mayport, 246-3481.

# From ground to air operations!

**By JO3 Jackey Bratt**

*Staff writer*

*Editor's Note: This is the first of a two-part series featuring the daily feats of the Sailors working in NAS Jacksonville's Air Operations Department.*

Describing a typical day aboard NAS Jax Air Operations is pretty hard to do. Although the day-to-day functions don't change, the day-to-day activities do.

## Keeping the station C-12 airborne

Everyday is different according to ATAN John Boley who is one of the three air-crewman attached to Flight Support, NAS Jacksonville.

Boley, AO1 William Davis, and AO1 Denise Torrefranca support the C-12 aircraft and crew everyday. Their main

*"They have helped me land in the dead of the night, constantly guiding me, and making sure I land safely. They do their job well."*

*— Lt. Geoff Berry,  
VP-45 pilot*

objective is to care for passengers, to be able to defuse emergencies, and to perform weight and balances to the aircraft. They also are in charge of booking hotels, checking orders, and receiving travel claims for the crew-members.

"Coordination is the key to success here" stated Boley. "There are always changes in flight status and there are always people who have some kind of conflict, the resolution is to do the customer right."

The air crewmen will often call other bases to work out some kind of arrangement that will best suit the passengers and crew members aboard the C-12. The C-12 aircraft, a Beachcraft King Air 200, is civilian contracted.

## Control tower owns the runways

As aircrew members prepare for the aircraft to take off, Sailors in the air traffic control tower direct aircraft on exactly where and when to land. The personnel manning the air traffic control tower 24 hours a day have four distinct responsibilities. Always on duty is a Facility Watch Tower Supervisor, a Local Controller, a Tower Coordinator, and a Ground Controller. In the tower, constant, clear communication is the key to success. The personnel have to maintain professionalism at all times. They must be prepared to handle adverse situations that may arise, such as a P-3 losing a



**The Air transient crew brings in an aircraft as part of their daily functions**

piece of equipment while airborne, or a aircraft's landing gear not working.

AC1 Sue Clapp, who is currently training to be a local controller, said, "the hardest situations to perform under pressure are ones in which the consequences are life or death."

Clapp once flawlessly directed an aircraft on which the portside landing gear was not coming down to detour its landing to Cecil Field. Fortunately, there were no serious injuries she said.

## Radar Room choreographs the skies

Along with the air traffic control tower, the radar room is vital to air operations. The radar room is home to the air traffic controllers (ACs) who help guide and direct pilots across the skies. The dimly lit room is filled with equipment that will aid a pilot to land as well. A lot of the business of the radar room depends on the time of day. For example, in Florida, a lot of the thunderstorms take place during the afternoon. Heavier rain, light hail, and lightning all contribute to why a pilot will depend heavily on the assistance of an AC to land his aircraft. Late winter/early spring produces a lot of fog, so again, AC's are called upon with greater urgency. Because the rating of AC is so complex, during the downtime, training is being conducted and simulators are being used.

"From the time I came in 15 years ago to the time now, overall traffic has diminished," according to AC1 Blain



**AC1 Tegwen McNeal and AC1 Joachim Larkins observe and direct aircraft onboard NAS Jacksonville.**

Meisterhans. He added, "we just don't have traffic like we did. We train using equipment 50 years past it's prime."

The radar room makes best with what they have and it's success is evident.

"They have helped me land in the dead of the night, constantly guiding me, and making sure I land safely, they do their job well," said Lt. Geoff Berry, a pilot for VP-45.

## Air Terminal moving people

Part of air operations is the air terminal. The air terminal is used to provide flights for military personnel. The flights usually are on a first-come, first-serve basis, but there is always room for people to get bumped off a flight.

The air transient line is also a function at air operations. The main mission for personnel working at the air transient line is to park, service, and send off aircraft. There are five parking spots for the aircraft. VIP aircraft will always have the quarterdeck parking. Every morning the transient line receives an aircraft plan from the air terminal and that's how they plan their daily activities.



**AC1 Sue Clapp trains in the air traffic control tower.**



**AC1 Doug Melberg guides and keeps track of aircraft.**



**Sailors in the radar room go over their qualifications during downtime.**

## Vieques alternatives: Navy announces leaders of future training study

WASHINGTON, D.C., DOD —The Center for Naval Analyses (CNA) has selected retired Navy Adm. Leighton W. Smith and retired Marine Corps Gen. Charles Wilhelm to co-chair a study group chartered to find suitable alternatives for training Atlantic Fleet Naval forces.

Smith and Wilhelm will lead the CNA effort that will include a group of retired senior military officers and analysts that will review potential training facilities, sites, and methods to find effective alternatives to Vieques for training our forces; both in the near term and in the future. The three primary training requirements are air-to-ground ordnance delivery, amphibious operations and naval surface fire support.

The group will build on an August 2000 CNA study that identified existing possible alternatives, and some other areas that looked promising with investments for the future. This study will expand that work, directly incorporating military expertise, technology issues, future weapons systems requirements, cost factors and environmental constraints.

## Webster University registration underway

### From the Navy College Office

*Webster University at Naval Air Station Jacksonville Class Schedule  
New for Fall I: MA/ MBA in Procurement and Acquisitions Management*

### **Fall I 2001:**

*Aug. 11-Oct. 12, 2001*

BUSN 5000-Business

BUSN 5620-Current Economic Analysis

BUSN 6060-Applied Business Statistics

BUSN 6200-Business Policies and Strategies

COMP 5000-Computer Resources and Information Management

COMP 5980-Networking and Telecommunications Management

FINC 5880-Advance Corporate Finance

HRDV 5610-Training and Development

HRDV 5620- Interpersonal and Organizational Communication

HRMG 5000-Developing and Managing Human Resources

MNGT 5000-Management

MRKT 5000-Marketing

PROC 5000-Procurement and Acquisitions Management

TELE 5020- Telecommunications Project Management

*Registration for Fall I and II is currently open. Classes are held in building 110, floor 2. For more information, call 779-7124 or stop by Bldg. 110.*





AT 2 Juan Marin receives his Enlisted Aviation Warfare Specialist designation and insignia.

## ‘Scouts’ recognize outstanding Sailors as Mediterranean adventures continue

**By Lt. Jacob Abrams**

VS-24 PAO

The “Scouts” of Sea Control Squadron (VS) 24 have just completed a very rewarding five-day port call in Lisbon, Portugal and are now back to operating in the Mediterranean Sea while deployed aboard USS Enterprise. The stop in Portugal followed the completion of a rigorous NATO exercise, and the “Scouts” enjoyed their well-deserved shore time immensely.

VS-24 held quarters July 10 on the forecabin of the Enterprise to recognize some outstanding “Scouts.”

During the event, Lt. Jimmy Choi and AE1(AW) Patrick Sharrar were awarded the Navy Achievement Medal for the superior performance of their duties. Choi is departing the “Scouts” soon and will report to CENTCOM Headquarters as a Flag Lieutenant.

AM3 Kevin Becca was the recipient of a Commander-in-Chief, Atlantic Fleet Letter of Commendation for exceptional work as a “Scout” maintenance technician.

“Scout” Skipper Cmdr. Brian Luther was pleased to award seven “Scouts” their Enlisted Aviation Warfare Specialist (EAWS) qualifications. The EAWS designation was presented only after a rigorous training curriculum culminating in an intense oral examination

in front of a board of their peers. AME1 Carl Shilling, AT2 Phillip Brown, AT2 Juan Marin, AME2 Gary Dodd, AME2 Paul Foster, AT2 Robert Mead, and AZ2 Jeremy Slater all received their EAWS qualifications and now wear their “wings” with pride.

VS-24 also honored some Carrier Air Wing Eight Sailors of the Day for the month of June, recognizing some truly deserving personnel.

“Scouts” receiving this award were AT2 Patrick Aldrich, AZ2 Kelly Sholar, AE2 Lynnea Fralick, AN Jorge Hernandez, and AN Becky Webber.

Additionally, receiving recognition as the VS-24 Senior Sailor of the Quarter for the second quarter of 2001 was AM1(AW) Jerry Snow, a superlative airframer.

Other awards presented were Senior Sailor of the Month, Scout of the Quarter, Scout of the Month, Junior Sailor of the Quarter, and Junior Sailor of the Month earned by AME1(AW) Jon Gusler, AD2 Jerry Donato, AD2 Francois Alfred, AD3 Leeann Taylor, and AN Ryan Dooley, respectively.

At the conclusion of quarters, Luther designated the newest “Scout” Plane Captains, having completed their thorough course in the launching, recovering, and servicing the S-3B Viking.

## Navy Exam Center offers online ordering

The Naval Education and Training Professional Development and Technology Center (NETPDTC) has a program that not only makes ordering Navy advancement exams easier, but also allows ordering commands to track the status of their orders.

There are several advantages to ordering exams online. First, ordering is incredibly faster. Second, commands can process and track the status of their orders throughout the entire process by simply checking the NETPDTC Navy Advancement Center web site. Third, commands deploying or completing deployment may have the option of get-

ting exams shipped directly to themselves, or the nearest CONUS PSD (including Hawaii and Alaska) providing they coordinate with the PSD ahead of time.

Once a command Education Services Office logs on to the Navy Advancement Center web site to enroll in the program, they will be assigned a password (one password per unit identification code) and receive easy-to-follow instructions that guide them through the registration process. Then, they simply submit their orders.

For more information, go to <http://neasos.cnet.navy.mil/CGI-BIN>.

# Pool programs offer lessons, fitness, fun

**Story and Photos by Jeff Hilton**  
*Staff*

Summer activities at MWR's outdoor pool appeal to water enthusiasts of all ages. More than 600 students ranging from six-month old babies to senior citizens are enrolled in classes.

Ten instructors responsible for children's classes are all Red Cross certified. Lessons spanning seven levels build self-confidence and introduce children to fundamental strokes. Andrew Roland, 18, started teaching in June. He swims competitively at Forrest High.

After moving through these stages, a club team provides opportunities to put

strokes together with stamina.

Club instructor Stacy Beck said her students swim up to 1200 yards per class.

Aqua Aerobics instructor Mindy Ashby is also a personal trainer. She chose water workouts after a running injury sidelined her. She confirmed an hour in her class will leave you winded. That means no holding on the edge of the pool for 60 minutes. Ashby also helps Sailors prepare for the swimming option of their Physical Readiness Tests.

Ute Baucom enjoys deep water Aqua Aerobics. "I'm getting to that age where you just can't jump around... My doctor insisted on it," she said.



Students in the deep water Aqua Aerobics class exercise for an hour while keeping weight off tender joints.

**Instructor Andrew Roland**  
works with Luke Green.



Mary Elizabeth Hinnant, 8, pops up after holding her breath under water for 10 seconds.



Mindy Ashby, above left, pushes her students from the pool deck during a deep water aerobics class.



Millie Ernster, left, says deep water aerobics help her because she has "bad knees".

# NAVY NEWS

## CNO advances Navy Sailors of The Year to Chief Petty Officers

WASHINGTON (NNS) — The 2001 Sailors of the Year were each advanced to chief petty officer by Chief of Naval Operations Adm. Vern Clark during ceremonies July 9 at the Pentagon.

ITC(SW/DSW) David A. Gove, Shore Sailor of the Year; BMC(SEAL/SW) Thomas F. Hartzell Jr., Atlantic Fleet Sea Sailor of the Year; ATC(SW) Daniel Williams, Pacific Fleet Sea Sailor of the Year and AWC(AW) Daniel D. Garrett, Naval Reserve Force Sailor of the Year, were awarded Navy Commendation Medals prior to pinning on their anchors.

Master Chief Petty Officer of the Navy(SS/SW/AW) Jim Herdt served as the master of ceremonies for the event.

The MCPON explained the significance of being selected as a Sailor of the Year.

"This is an incredibly trying process, with multiple levels of competition," Herdt said. "For those Sailor of the Year board members and commanders who have to pick one out of several outstanding petty officers, it is tantamount to having a bag of very shiny diamonds and having to go through those diamonds to find the very shiniest."

In advancing the Sailors of the Year Adm. Clark said, "I do believe that one of the best forms of recognition for service in our profession is advancement... It is a sign that this institution believes that the individual not only has done a great job, but that this is the kind of individual that we want to put our future in their hands. That this is the kind of person with potential, who has the dedication to take our institution where it needs to go in the future."

"I believe the importance of the role of chief petty officers cannot be overstated," said the CNO. "The role that you are stepping into today is very important to our future."

"We cannot be the kind of Navy that we need to be in the 21st Century without an investment in chief petty officers so that they can take our institution, and accomplish the goals that we have established for ourselves," Clark noted.

"I believe that chief petty officers are leading us into the future," said Clark. "It is with distinct privilege to acknowledge the incredible performance that you have demonstrated. We recognize you here today with awards, and advancement to chief petty officer in the United States Navy."

The Sailor of the Year program began 29 years ago to recognize the top enlisted Sailors. Throughout the week, these four Sailors of the Year will meet with Navy leaders and visit historical sites in the Washington, D.C. area.

## Sailors at Sea to gain third satellite TV channel

WASHINGTON (NWS) — Sailors aboard

ships will soon have a third satellite TV channel to watch during deployments.

The Television Direct to Sailor (TV-DTS) satellite service is set to split its NewSports channel into two new full-time channels: Armed Forces (AFN) News and AFN Sports, beginning Aug. 7.

Sports fanatics and news hounds at sea will each have a channel dedicated to around-the-clock, up-to-the-minute coverage. The split is possible thanks to the addition of new digital compression and technology and increased satellite capabilities.

AFN News channel will offer 24-hour news coverage and analysis from major networks and military news sources. AFN is adding a variety of news and analysis programs to the existing lineup as it expands to offer full-time, continuous coverage.

TV-DTS will continue to offer Sailors a separate channel dedicated to prime time and other entertainment programming, as well as three audio services and a data channel.

In addition to coverage of sporting events, AFN Sports channel will feature expanded sports analysis programs and service academy events as they become available. Major sports events will be offered live and then rebroadcast for the benefit of Sailors in different time zones.

"No matter what time of day, night, week or weekend you watch, when you turn on AFN Sports it's all covered," said Tim Mattox, Armed Forces Radio and Television Service (AFRTS) sports director. "If you can dribble it, kick it, race it, rope it or hit it with a stick, AFN Sports has got it."

Launching the AFN News and AFN Sports channels culminates years of planning and technological changes at the Naval Media Center (NMC), AFRTS Broadcast Center and affiliate stations around the world.

NMC activated the third TV-DTS channel as a test signal with color bars on July 17. The new channels will go live this summer. NMC Fleet Support Detachments are currently installing additional satellitereceiver/decoders in each ship.

Additional information is available at <http://www.mediacen.navy.mil>.

## Navy blood shortage looming

WASHINGTON (NWS) — It's an endless problem. When the Navy and Marine Corps need blood the most, donations often decline.

"The number of people donating blood during the summer months almost always drops," said Cmdr. Brenda Bartley, Medical Service Corps (MSC), director of the Navy blood program at the Bureau of Medicine and Surgery (BUMED) here.

Sailors and Marines take their families on vacations, get deployed or are busy with summer activities. They miss the opportunity to donate blood. Navy blood centers have to scramble to get enough blood to meet their needs.

To make matters worse, collection efforts may get even tougher.

The Navy will soon implement a new blood donation standard that will greatly reduce the possibility of contracting variant Creutzfeld-Jakob Disease, the human form of "mad cow disease," through blood transfusions. The other services are expected to set similar standards.

The Department of Defense (DoD) is still working on a finalized policy regarding blood donations. However, the Food and Drug Administration is recommending that DoD personnel stationed at or visiting DoD bases in Europe for a total of six months or more, from 1980 to 1996, be deferred from giving blood. After 1996, personnel would be deferred if they lived there a total of five years or more.

The standard for individuals who have lived in the United Kingdom is even stricter. Donors are excluded from donating blood if they've lived in the U.K. for a total of three months, from 1980 to 1996.

Bartley stressed that although there has not been a single reported case of an individual contracting the disease through a transfusion, it is a "prudent, proactive decision because of the scientific uncertainty" of whether the disease can be spread by a blood transfusion.

It is expected that this tougher standard will reduce the number of eligible active-duty donors by at least 25 percent.

That will make it even more difficult for the Navy and the other services to maintain its blood inventory levels.

"We're concerned about the impact on the blood supply," said Bartley. She explained that purchasing blood from civilian blood agencies to make up the difference would probably not be an option.

Civilian agencies, including the Red Cross, are expecting to lose about eight percent of their eligible donors because of the new donor standard for non-DoD personnel.

For more information on Navy medicine and the blood donor program, go to <http://navymedicine.med.navy.mil>.

## Jax Tales

By Mike Jones - [mikejones43@hotmail.com](mailto:mikejones43@hotmail.com)



## JAX WEATHER

Friday



78/92

Saturday



77/91

Sunday



78/90

Seven-day forecast available at Naval Atlantic Meteorology and Oceanography Facility Jacksonville's website: <http://www.nlmof.navy.mil/>

# VOLUNTEER OPS

## Teacher Supply Depot

'Back to School Give Away' - July 26

The Duval County Teacher Supply Depot needs 10-20 volunteers to help out with the Depot's 'Back to School Give Away' scheduled for THIS Thursday from 9 a.m. -1 p.m. Volunteers should report no later than 8:30 a.m. The Depot is located at the former John Gorrie Middle School in the Avondale/Riverside neighborhood at 2525 College Street, on the corner of College and Stockton Streets approximately five blocks south of Interstate 10 and five blocks north of St. Vincent's Hospital. Lunch will be provided for all volunteers. For more information contact Chris Buckley via pager at 558-3117, work phone 381-7480 or home 268-8551.

## City Rescue Mission

'Klothes 4 Kids 2001' - Now - July 31 and Aug 1 - 6

The City Rescue Mission is looking for volunteers to assist with their Klothes 4 Kids 2001 campaign. A variety of volunteer opportunities exist to assist with collection of clothing donations and sorting of items. Volunteers are needed now to help collect clothing donations from the Merrill Road and Dunn Avenue Wal-Marts stores and the Albertson's Food Stores on Merrill Rd.,

Mondays through Saturdays, anytime from 9 a.m. -5 p.m., from July 10-31 and Aug. 1-6. All pick-ups will be made with volunteer's POVs. Individuals and groups of volunteers are also needed to help sort clothing donations anytime from 9 a.m. -5 p.m. on Saturday, Aug. 4 & 11. The Klothes 4 Kids campaign contact is Lori Hudson at 955-0256 or via email at lmh115@bellsouth.net. Call now to sign up!

## Duval County 'Veterans Standdown 2001' -

Volunteers are needed Aug. 3 and 4 to help serve those who have served. This event is designed to help at-risk veterans, and their families. Help out with set-up at the Jacksonville Fairgrounds Exhibit Hall 'A' on Aug. 3 from noon-4 p.m. or stop by on Aug. 4 for one or two shifts 9 a.m.-noon (arrival time is 8 a.m.) or noon-3 p.m. (arrival time is 11 a.m.) to assist the City's Veterans Service Division with serving meals, passing out clothing and restocking goods. Continental breakfast and/or lunch will be provided to all volunteers. Parking will be available in Fairgrounds designated parking lots. All volunteers must check-in with Johnny Frambo at the main entrance upon arrival. To sign up please contact MMCS Battle at 542-

3082 or via e-mail to battlear@nas-jax.navy.mil with rate, full name, contact number and command.

## City Rescue Mission

'First Coast Golf Challenge 2001' - Aug. 18 & 25 and Sept. 1

Help out with a variety of golf tournaments throughout the Jacksonville/St. Augustine area on Saturdays, Aug. 18 and 25, which will culminate with a finalist tournament at the World Golf Village on Sept. 1. Volunteers are needed in shifts from 8 a.m. - noon and noon - 5 p.m. on Aug. 18 and 25 to staff information booths and measure/record closest to the pin shots on various area courses. Volunteers are also needed from 8 a.m. -5 p.m. on Sept. 1 for tournament set-up, crowd control and to staff information booths. All volunteers will receive an event t-shirt and must dress appropriately. There will be a volunteer orientation meeting on Aug. 16 and handouts with all pertinent details. For more information or to sign up contact George Bass at 387-4357.

## On-going opportunities

For the past 20 years, LSS Second

Harvest Food Bank has served as our community's dependable, cost-effective source for local non-profit agencies serving hungry children, seniors, ill and the needy. Help them by sorting donated food and restocking their shelves. This agency can accommodate large groups. This is a great need right now! Contact Joy Spaulding at 353-3663.

The Northside Fresh Start Community Resource Center, which is associated with the Bethesda Faith Assembly Church, is looking for volunteers to help out with their Summer youth programs and with some minor repair work at the Center itself. They need volunteers for the Summer program anytime between the hours of 9 a.m. and 4 p.m., Monday through Friday, to assist with arts and crafts, reading or any other creative activities the children may enjoy and in the children's theater on Saturdays from 2 p.m. until 6 p.m. They also need laborers for various repairs like hanging doors and fixing door jams and with interior painting work. If you are interested in helping out or have questions about how you can participate, contact James Durden or Pastor Cohen at 353-7813.

## Online 'Gateway' connects volunteers to opportunities

By JO2(SCW) Eric T. Clay  
Staff writer

The Volunteer Jacksonville organization has started a web site to promote volunteerism in Jacksonville. It took a year to form this site and now opportunities are available.

The Volunteer Gateway offers a vast number of improvements and benefits compared to the current manual system of coordinating volunteers. This program allows an individual to learn about local programs while searching and signing up for volunteer opportunities online. Once a volunteer signs up for an activity the organization can contact them with specific details directly. Only agencies that the person submits to can access personal information. All other personal information will be used for statistical information only. They do not sell volunteers personal information to mailing lists.

There are many benefits to the volunteers like continually updated opportunities that match their needs and talents, links to related sites, a list of pre-approved volunteer opportunities that match specific student course work, online registration, an online volunteer history log, community calendar and list of agency in kind donation needs.

There are also many benefits to agencies and the community like more thorough volunteer recruitment efforts, instant volunteer opportunity updates, immediate posting of urgent community needs in time of disaster, reduction of duplicated services and efforts, online presence for agencies that do not have their own websites, links to other agencies' sites, current data about individuals for statistical purposes and a listing of in-kind donation needs.

# Yellow Water Bike Rodeo stresses safety for two-wheeling buckaroos

By JO2 (SCW) Eric T. Clay

Staff writer

The NAS Jacksonville Police Bike Patrol sponsored a Bike Rodeo at Yellow Water Housing Youth Center July 18. "There was an outstanding turn out for the rodeo. This showed us that parents are concerned for the safety of their children," said Jerry "Deuce" Syrek, bicycle patrolman.

The police bike patrolmen who participated in the rodeo were Patrolmen Keith Sheheen, Greg Grant and Syrek. Also on hand were Bill Curnutte and Neal Manley of Physical Security. The patrolmen checked the bikes for safety standards and taught the children the proper street safety techniques. The members from Physical Security registered the bicycle's serial numbers as part of an anti-theft program.

Patrolman Syrek presented a few tips and explained the rules of NAS Jax governing bicycle use on station. He also emphasized the importance of helmets and spoke about ensuring children's security.

"Safety should always come first when it comes to bicycling fun, because getting injured is no fun at all," said Syrek.

The patrolmen also did preventive maintenance, made minor repairs and safety adjustments to the bicycles.

The parents were properly educated in the fitting of a bicycle. The parents were advised not to buy so large a bicycle that a child will have to grow into it. On a smaller bicycle, adjust the seat height periodically to accommodate the child's growth.

Helmets are one of the most important safety issues when it comes to bicycling. Helmets are made to fit properly, so when buying a helmet, one should be sure to try it on before purchasing it. Also wearing a helmet unbuckled is like not wearing one at all. Safety devices should be used properly.

Florida laws state that children under the age of 16 must wear a safety helmet. Failure of a child to wear a helmet may result in the parents being held liable. NAS Jacksonville instructions state that all who ride a bike must wear a helmet at all times regardless of age. They also state that all bikes must be equipped with the following safety items: a white light visible from at least 500 feet and a red light positioned on the back of the bike that is visible from 600 feet.

Bicyclists must obey the rules of the road, just as a motor vehicle. Road signs and lights must be followed or the same citation as a motor vehicle could result. Two streets on base cannot be used by bicyclists. These streets are Birmingham and Yorktown Avenues because they do not have adequate roadway to handle bikers and because of the increased danger on these streets from incoming and outgoing traffic.

On any public thoroughfare bicyclists, when traveling in a group, should always ride single file and to the right of traffic. Also bicyclists are secondary to pedestrians while riding on the sidewalks. They must yield the right of way to pedestrians.

Security of your bicycle is your responsibility. The Physical Security Department of NAS Jax will register your bicycle. Once you purchase a bicycle you should copy the



Even the youngest riders can enjoy a bike rodeo, as demonstrated by 3-year-old Katie Daughtery.

serial number and keep it in a safe place. If your bicycle is stolen this may help in its recovery. A lock is a must as part of securing a bicycle. "A lock only costs a few bucks, a stolen bike lasts forever," said Syrek.

Syrek said he enjoyed sharing information on bicycle safety with the youngsters at the Bike Rodeo. "I enjoy helping the children of our military, because some of the children are afraid of us and we would like for them to think of us as their friends and protectors." I would like to thank Yellow Water Housing's Youth Center for their support, use of their facility and their parking lot. We couldn't have done the Rodeo without their much-needed help," Syrek said.

Jesse Daughtery, 7, completes the safety course and fulfills the bicycle requirements for his Cub Scout Wolves' Badge.







Max Stites, 6, son of AO1 Mark Stites, attached to Helicopter Antisubmarine Squadron (HS) 5, rides the obstacle under the safety instruction of Police Bike Patrolman Keith Sheheen.



SFC Alexis Melendez demonstrates how the whole family can enjoy bicycling with his two daughters, Felicity, 2, and Isabelle, 4 months.



Six-year-old Marlia Walker looks on as Police Bike Patrolman Jerry "Deuce" Syrek and Keith Shaheen do safety checks on her bike.

## Use and protect your head when cycling

WASHINGTON — Bicycling offers good aerobic benefits along with a lot of fun. But whether you're exercising or riding just for fun, practice safety first by wearing a helmet.

Nobody expects to fall, but if it happens - be prepared by wearing a helmet. According to the Bicycle Helmet Safety Institute, 75 percent of 900 annual deaths from bicycle crashes occur due to head injuries.

"The bicyclist's risk to incurring soft tissue and closed head injuries markedly decreases when wearing approved head protection," said Cmdr. Jim Kohl, NC, emergency room nursing department head at the Naval Medical Center San Diego.

Bicycle helmets absorb the energy of a blunt impact to the head. Kohl said it is very common to see patients with lacerations, contusions and skull fractures come into the emergency room as result of cycling without a helmet.

Wearing a bike helmet can reduce the risk of head injury by 85 percent according to Bicycle Helmet Safety Institute.

The styrofoam helmet covered with a fiberglass shell, often considered an eye sore among adolescents and teenagers, is light weight but offers the same protection as a motorcycle helmet.

Simply wearing a helmet isn't enough. Cyclists also need to wear the helmet properly. The helmet should have a strong strap and an equally strong fastener that is not easily jiggled open. It should sit level on your head and cover as much as possible. Above all, with the strap fastened you should not be able to get the helmet off your head by pulling or twisting. Ensuring the helmet is securely fastened will save your life in the event of an accident. Usually the head will be struck more than once. For example, when cyclists are hit by cars, their heads will probably hit the car first and then the road.

Navy and Marine Corps regulations require anyone riding a bicycle on a military installation to wear a helmet.

While cycling can be fun and offer excellent exercise, remember to be safe and wear a helmet.

# NAVHOSPJAX NEWS

## Naval Hospital Jacksonville hosts Service Excellence Week 2001

By JO2 (SW) Shae Blasko

Last week, Naval Hospital Jacksonville hosted Health Fair 2001 and Service Excellence Awareness (SEA) Week.

SEA Week is an annual event designed to promote healthy lifestyles, disease prevention, early detection of medical problems and to improve patient awareness of the hospital's customer service initiatives.

The weeklong event kicked off Monday at NAS Jacksonville's Hangar 1000, with a mini health fair. Hospital staff along with several other military service providers were onsite, at the hanger, administering blood pressure checks and educating Sailors on veterans services, women's health, TRICARE benefits and important community counseling services.

On Tuesday, a larger health fair was held in the hallways of the hospital. From information booths, free blood pressure checks and cholesterol testing, to refreshments and music, staff and local military organizations pulled together to provide something for everyone - including children.

Kid's Day was held Wednesday and was full of activities for little ones and the young at heart. Face painting, gifts, gadgets and balloon artistry were some of the goodies available. During the day, children had an opportunity to test their medical skills at the hospital's Care Bear Unit. The clinic was designed to allow children to diagnose and treat sick teddy bears.

"Our Care Bear Unit was set up to help children overcome any fears when being seen by a doctor at the hospital," said Lt. Gina Cavalli, a hospital audiologist. "The children have their own patient and try very hard to make sure they don't hurt their sick teddy. During the clinic the children checked their bear's heart, eyes and ears."

There was also guest appearances from McGruff the Crime Dog and Sparky the Fire Dog.

Nutrition and Wellness Day was filled with many activities including a cooking and nutrition demonstration, music therapy that included a live saxophone demonstration and a presentation on ergonomics.

*Continued on page 19*



**Lt. Gina Cavalli, an audiologist at the hospital, shows Audry Doubleday how to check a teddy bear's ear. The Care Bear Unit was setup during Service Excellence Week to help children overcome the fear of doctors during medical checkups.**

## All aboard!



Photo by JO3 Shae Blasko

Did you know the Jacksonville Transit Authority (JTA) extended its Westside-1 bus route to include routine stops at Naval Hospital Jacksonville? As of July 2, the bus travels Mustin Road and makes regular stops at the hospital's outpatient clinic entrance. The expansion of the bus service is an added plus for patients and will travel Mustin Road making regular stops at the hospital's outpatient clinic entrance.

The bus runs a frequent schedule Monday through Friday with limited runs on Saturday and Sunday.

For a complete bus schedule or for more information on the new bus route, call JTA at 743-3582 or pick up a JTA Westside bus schedule at your local library. Bus passes are available for \$10 dollars a week or \$40 dollars for a month pass with unlimited rides and connections.

# Summer's here and it's time for school physicals

**Lt. Scott Brown**  
Family Practice Clinic

Summer is in full swing, and within a few weeks the "Back-to-School" sales will begin showing up at the malls. Duval County Public and Clay County District Schools will be back in session Aug. 7. St. John's County District schools will begin session Aug. 20.

The Family Practice Clinic, Naval Hospital Jacksonville is encouraging parents to schedule school, sports and work physicals for their children before the start of school. Scheduling early will avoid the annual schedule crunch at the end of summer.

Starting July 16, members who are enrolled in Family Practice can call Central Appointments at 542-4677 to schedule an appointment.

During the school physical appointment immunizations can be updated, labs drawn if required, sports physicals can be documented and work physicals can be completed, all with the ease of a single phone call and single visit.

Families enrolled in the Pediatric Clinic at Naval Hospital Jacksonville can also call Central Appointments to

schedule physicals with their Primary Care Manager.

The Family Practice Clinic will also have a limited amount of appointments available for non TRICARE Prime patients the weekend of Aug. 4 and 5.

Get your physical done now, before school starts and at a convenient time for both you and your child. Call Central Appointments at 542-4677 and book your school or sports physical now.

Note: Due to a national shortage of the tetanus vaccine, all local school boards have waived the tetanus requirement for junior high school students for one year.

However, to enter elementary school, children must have completed the three shot hepatitis B immunization series and either a varicella vaccine or had a case of chickenpox.

## SEA Week: NavHosp Jax promotes awareness

*Continued from page 18*

The last day of the health fair was Staff Appreciation Day, which consisted of a staff appreciation breakfast, cookies being distributed to staff throughout the facility and prize drawings for staff hosted by the hospital's leadership.

During the breakfast, two staff members, Lisa Goldstein a staff member of the Wellness Center and HN Giovanni Alvarez from the hospital's Family Practice Clinic were honored with "We Care Awards." The "We Care Award" is designed to recognize hospital staff members that go above and beyond in customer service.

According to those who participated, the entire week was a huge success.

"SEA Week is important to both patients and staff, said Marsha Childs a TRICARE customer advocate at the hospital and organizer of the annual event. "We in-

form patients on what services are available and ensure they are receiving excellent customer service, while the staff is also shown some appreciation and reminded of their many accomplishments as a result of their hard work."

SEA Week is just one of the many examples of the hospital's commitment to providing excellent customer service.

Earlier this year, Naval Hospital Jacksonville was awarded top honors in customer service at the Department of Defense TRICARE Conference in Washington D.C.

Naval Hospital Jacksonville's motto, "Taking Care of What's Important ... You" has sparked a string of customer service initiatives that have proven very favorable with patients.

From successfully implementing a base wide, low-impact aerobics class for pregnant mothers to opening a new state of the art Endoscopy Suite, the hospital

staff is living up to the motto.

"Our goal is to provide quality service to all of our customers," Childs added.

The hospital has also completed several building renovations that are also an added plus.

The Emergency Room was completely remodeled this spring and major renovations are soon to be underway at several of the branch medical clinics.

With the success of this year's event and the positive customer service improvements, Naval Hospital Jacksonville will continue to keep customer service a number one priority.

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[www.savingsbonds.gov](http://www.savingsbonds.gov)



## AT THE GALLEY

### Meal hours

Monday through Friday

Breakfast 6 to 7:30 a.m.

Lunch 11 a.m. to 1 p.m.

Dinner 4:30 to 6 p.m.

Saturday, Sunday and holidays

Breakfast 6:30 to 8:30 a.m.

Brunch 10:30 a.m. to 12:30 p.m.

Dinner 4 to 5:30 p.m.

### Meal costs

Breakfast \$1.50

Brunch/Lunch \$3

Dinner \$3

Note: The Galley Menu is subject to change. The food service officer is authorized to make changes to the general mess menu to provide substitutions for food items not in stock or to permit timely use of perishable stocks.

### Thursday

Corned beef hash  
Home fried potatoes  
Boiled eggs  
Grits  
Grilled ham slices  
Waffles  
Omelets and eggs to order

### Lunch - Fiesta Special

Mexican chicken  
Mixed vegetables  
O'Brien potatoes  
Beef tacos

Beef fajitas  
Refried beans  
Mexican rice  
Beef noodle soup  
Blueberry crisp

### Dinner

Swiss steak w/brown gravy  
Rice pilaf  
Whole kernel corn  
Fresh pork ham  
Egg noodles  
Green peas w/mushrooms  
Tomato rice soup

### Friday

Breakfast  
Minced beef w/toast  
Hashed brown potatoes  
Oatmeal  
Boiled eggs  
Grilled sausage links  
Pancakes  
Omelets and eggs to order

### Lunch

Parmesan fish  
Lyonnais potatoes  
Steamed asparagus  
Corn chowder  
Ginger pot roast  
Steamed rice  
Lima beans  
Peanut butter cookies

### Dinner

Salisbury steak  
Rice pilaf

Green beans  
Chicken chow mein  
Scalloped potatoes  
Stewed tomatoes  
Chicken noodle soup

### Saturday

Breakfast  
Baked sausage links  
Hashed brown potatoes  
French toast  
Omelets and eggs to order  
Corned beef hash  
Grits  
Boiled eggs

### Brunch

Baked sausage links  
French fries  
Mixed vegetables  
Chili macaroni  
Coleslaw  
Old fashioned soup  
Eggs to order

### Dinner

Barbecue beef cubes  
Steamed noodles  
Steamed carrots  
Chicken mushroom soup  
Grilled ham steaks  
Parsley boiled potatoes  
Southern style green beans  
Pineapple sauce  
Coleslaw

### Sunday

Breakfast  
Oven fried bacon  
Cottage fried potatoes  
Pancakes  
Eggs and omelets to order  
Grilled ham slices  
Oatmeal

### Brunch

Eggs to order  
French fried onion rings  
Mulligatawny soup

Steak and Cheese Subs  
Steamed broccoli

### Dinner

Roast Pork Loin  
Duchess potatoes  
Green peas  
Baked chicken w/rice  
Buttered egg noodles  
Savory summer squash  
Beef noodle soup

### Monday

Breakfast  
McMuffin sandwiches  
Hash brown potatoes  
Grits  
Omelets and eggs to order  
Creamed beef w/biscuits  
French toast puffs  
Boiled eggs

### Lunch

Baked tuna and noodles  
Franconia potatoes  
Harvard beets  
Vegetable soup  
Salisbury steak  
Tossed green rice  
Glazed carrots  
Brown gravy

### Dinner

Liver w/onions  
Rice pilaf  
Steamed succotash  
Zesty bean soup  
Creole chicken  
Baked potatoes  
Steamed broccoli  
Brown gravy

### Tuesday

Cottage fried potatoes  
Texas hash  
Rolled oats  
Grilled bacon  
Boiled eggs  
Pancakes

Eggs and omelets to order

### Lunch

Braised pork chops  
Buttered noodles  
Green beans Parisienne  
Mushroom gravy  
Swedish meatballs  
Steamed rice  
Corn O'Brien  
Beef barley soup

### Dinner

Oven fried fish  
Lyonnais rice  
Vegetable supreme soup  
Macaroni/cheese  
Cantonese ribs  
Steamed carrots  
Herbed broccoli

### Wednesday

Home fried potatoes  
Farina  
Boiled eggs  
Eggs and omelets to order  
Grilled ham slices  
Blueberry pancakes  
Grilled bacon

### Lunch

Stuffed fish fillets  
Steamed broccoli  
Minestrone soup  
Spaghetti noodles  
Spaghetti w/meat sauce  
Club spinach  
Garlic bread  
Orange rice

### Dinner

Szechwan chicken  
Pork fried rice  
Vegetable stir fry  
Brown gravy  
Stuffed peppers  
Simmered egg noodles  
Beef tomato soup  
Southern fried okra

# MWR NOTES

## Bambino's Call 542-3900

Bambino's is your headquarters for food delivery on base and is running a Wednesday buy one pizza get the second one for half price special after 2 p.m. Free on-base delivery ends at 8:30 p.m. However, pick-up of our delicious pizza and subs is available from 8:30-10 p.m. in the Brew House.

## Outdoor Pool

Make a splash this season and hold your party of function at the Outdoor Pool Complex. Reservations are first come, first serve. Call 542-3239/2930 and ask for Aquatics today to get your desired date. The cost,

which includes certified lifeguards, is \$75 for the first 2 hours and \$25 for additional hours.

## ITT Trips: 542-3318

Check out the RTV at NAS Jax on Wednesdays! The RTV is a mobile ITT office, stop by the purchase tickets or obtain information. Hospital: 9-10 a.m., VP-30: 10-11 a.m., Base Galley: 11 a.m.-12:30 p.m., Hanger 1000: 1-2:30 p.m., NADep: 2:30-4 p.m.

Walt Disney World Military Sales Team - July 27 - Stop by the ITT Office from 10a.m - 2p.m to win free door prizes and ask the experts on hand

all your Walt Disney World questions. Don't miss this great opportunity.

Wet N' Wild - July 28 - Head to Orlando for plenty of rides, slides, and attractions for the whole family including the new raging body coaster - The Storm. Trip includes tickets and transportation. Adults \$29.50 Children 3-9 \$25.25

Mud-Bogin - July 27 - Enjoy 4-Wheelin' Fun at the Jacksonville Speedway. See the 4-wheel trucks race through the mud, check out the drag racers or watch a go-cart race. Cost is \$8.75 for fun and transportation.

ITT is now open at Yellow Water Youth Center. Come by the Center and purchase your discounted tickets to one of the many choices. We have the same tickets as the NAS Jax office or we can get it within 24 hours. ITT is open Monday-Friday from

noon - 6 p.m.

## NAS Lanes: 542-3493

Price Strike Down - Now through Aug. 10 - All games only 99 cents from opening until 2 p.m.

League Registration Day - July 28 - All games 99 cents, 11a.m-6 p.m.

Free Bowling - 11 a.m.-1 p.m. Active duty only.

## Liberty Events: 542-3491/1335

Coming in August: Look for information on an Atlanta Trip! For suggestions on trips or events you would like to see at Liberty, please email the Liberty Coordinator at dbuddock@nasjax.navy.mil.

Liberty's Friday Night Pool Party: July 27 at the Outdoor Pool. Free food and drinks. Open to all active duty and their guests 18 and over! Free with lots of prizes and giveaways!

Canoe the Suwanee River: July 29 - Cost is \$15 per person. Sign up by July 23.

Jacksonville Suns Game: July 30 - Game begins at 7:35 p.m., the van leaves Liberty Cove at 6:15 p.m. Space is limited. Sign up the day of the event.

90 Second Shootout: Aug. 1. Play begins at 11:30 a.m. Free Pizza available at 11:00 a.m. \$30 goes to 1st Place.

Trip to Six Flags over Georgia: Friday, August 3 - Sunday, August 5. Leave at noon on Friday and camp out at Stone Mountain. See the laser show on Friday Night. Saturday, spend all day at Six Flags, camp out on Saturday night. Sunday, return home to Jacksonville. \$30.00 round trip, transportation, 2 nights camping, entrance to Six Flags.

### Free Movies

Free movies are shown in the Base Theater located on Jason Street every Friday at 7 p.m. and every other Saturday at 5 and 7 p.m. Movies are open to all. Bring your own snacks, no alcohol please and please do not leave children under 18 unattended.

July 27, 7 p.m. - Double Take (PG-13)  
Aug. 3, 7 p.m. - The Bone Collector (R)  
Aug. 4, 5 p.m. - She's All That rated (PG-13)

Aug. 4, 7 p.m. - Stranger Than Fiction (R)  
Aug. 10, 7 p.m. - The Brothers (R)  
Aug. 17, 7 p.m. - Traffic (R)

### Mulberry Cove Marina: 542-3260

As the weather is getting warmer, the water is looking better and better. Don't forget, before you can rent any

of the boats, jet skis, or other water craft, you need to complete a Boater Safety Course that's free to take. Call for more information.

### Yesterday's Café

Take a step back in time to the 50's era with tunes on the jukebox and hand-made milkshakes. The Café is located in The Zone on the corner of Jason Street and Saratoga Avenue and is open from 11 a.m.-2 p.m. Check out our Thursday Special of the Month.

### Budweiser Brew House: 542-5009

The Brew House is a full family dining facility located in The Zone on the corner of Jason Street and Saratoga Avenue. The Brew House has two for one special every Tuesday, come on in and see the line up. Enjoy live entertainment starting at 8 p.m. on Fridays.

Looking for a place to hold a function, meeting or event? The Zone has two catering rooms available, call 542-3521 for details.

### Youth Activities

School Age Care Program(before and after school) registration begins July 16 for both NAS and Yellow Water Youth Centers. The program follows the Duval County School System. Call for school listings and costs. Kindergarten - 5th Grade. 778-9772 or 777-8247.

*Check out more events at the MWR homepage at [www.nasjax.navy.mil](http://www.nasjax.navy.mil), click on MWR.*

## Coast Guard:

*Continued from page 1*

marijuana with a street value of over \$100 million, with all 17 suspects arrested. This five-for-five success rate represented a one thousand percent increase over previous drug seizures on the high seas, and resulted in a cultural change for Coast Guard airborne law enforcement efforts. Due to their success during the test and evaluation stage of the program, HITRON-10 was designated a permanent Coast Guard unit. The program was announced to the public in March 2000 after it became a permanent Coast Guard unit and moved from Mobile, Ala. to Cecil Field.

Commander Torres is a 1982 graduate of the United States Coast Guard Academy and holder of a Master's degree in Organizational Management, he will now

move to the Office of Aviation Forces, headquartered in Washington D.C.

McLaughlin attended the United States Coast Guard Academy where he earned his commission and a Bachelor's of Science degree in 1977.

His previous assignment was as Executive Officer of Coast Guard Air Station Miami, which is the busiest air-sea rescue unit in the world, and the Coast Guard's largest air station.

During his Coast Guard career, McLaughlin served as the Acting Commanding Officer at the now decommissioned Air Station Brooklyn, N.Y. during the tragic TWA Flight 800 Boeing 747 crash and the ensuing Coast Guard search for survivors and crash recovery operations.

Under McLaughlin's leadership, HITRON-10 will continue to be at the forefront of America's war on drugs, and another valuable part of the Jacksonville military community.

**Looking for back issues  
of Jax Air News?**

**Check out our  
archives online.**

[www.nasjax.navy.mil/JAX\\_AIR\\_NEWS/home.htm](http://www.nasjax.navy.mil/JAX_AIR_NEWS/home.htm)





# JAX SPORTS

## **Men's varsity flag football coach wanted**

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach the men's varsity flag football team. This team represents NAS Jax in military and community tournaments in the south-east region. Interested personnel should contact the NAS Jax Athletic Department.

## **Women's varsity softball coach wanted**

The NAS Jax Athletic Department is looking for an experienced military or civilian individual who would like to coach the women's varsity flag football team. This team represents NAS Jax in military and community tournaments in the south-east region and plays in a Jacksonville league. Interested personnel should contact the NAS Jax Athletic Department.

## **Sports officials and scorekeepers needed**

The North Florida Military Officials Association is looking for individuals to officiate soccer, softball, football, and volleyball at NAS Jax. Scorekeepers are also needed for basketball and softball leagues.

Experience is not required. If you are interested in officiating or scorekeeping, contact AIVandercar.

## **Intramural Flag Football League forming**

The league is open to all NAS Jax active duty personnel. Games will be played in the evenings and teams will be comprised of seven players on the field. Commands wanting to join the league need to pick up the required paperwork at the base gymnasium. Rosters are due by July 27 and the preseason is scheduled to begin the week of Aug. 13.

## **Intramural Fall Volleyball meeting slated for July 27**

The league is open to all NAS Jax active duty personnel. The meeting will be held in the Main Event II in "The Zone" at 11:30 a.m. All interested personnel should attend the meeting to discuss rules and to get the required paperwork to join the league.

## **Men's Varsity Men's Softball Tryouts Aug. 14-17**

Tryouts are open to all NAS Jax active duty men and will be conducted by Kevin Barrow, Men's Varsity Softball Team Coach, at the McCaffrey Softball Complex from 5-7 p.m. The team represents NAS Jax in military and community tournaments throughout the southeast region. Call NAS Jax Athletic Department.

*Visit the MWR website online at [www.nasjax.navy.mil/mwr](http://www.nasjax.navy.mil/mwr).*

# HS-15 bounces back to win 2001 Intramural Softball Championship

**By Bill Bonser**

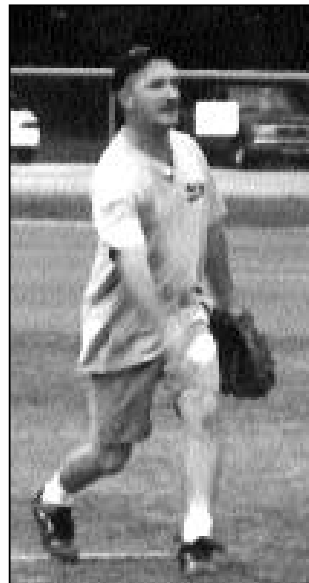
*MWR Sports Coordinator*

The Intramural Spring Softball League regular season had parity because the league championship came down to the wire with the top three teams being only two games apart. AIMD won the league with a 20-3 record over NavAiRes, who finished with a 16-3 record. AIMD (#1) and NavAiRes (#2) were the teams to beat with 16 teams entering the playoffs, but they did not fair very well. AIMD suf-

fered their first loss in the playoffs to HS-15 by the score of 22-9 and were knocked out of the playoffs by VR-58 13-3. NavAiRes lost to Weapons 21-1 and were also eliminated by VR-58 25-13.

With the top two teams eliminated, the door was wide open for the base championship. HS-15 (#4) and VP-30 (#3) won all their games to meet in the winner's bracket final. In a close game, HS-15 defeated VP-30 14-11 to earn a birth in the finals. VP-30 found themselves with their backs against the wall, as they had to face VR-58 for the second time. VP-30 defeated VR-58 the first time 19-16 and this time VP-30 won by forfeit due to an illegal player being discovered. The win for VP-30 set up a rematch for the base championship.

HS-15 was in the driver's seat because VP-30 had to beat them twice to win the championship. VP-30 was up for the challenge as they exploded in the first inning hitting five homeruns and scoring 16 runs. HS-15 could not recover from the first inning barrage and VP-30 went on to win 27-4 to set up the final game for the championship. HS-15 made a pitching change in the second game in hopes to throw off the VP-30 batters. The pitching change paid off huge dividends because at the end of the fourth inning, HS-15 had a 4-3 lead. VP-30 struggled at the plate the entire game and they did not hit any homeruns after hitting five in the first game. HS-15 held on to a 6-5 lead heading into the bottom of the seventh. VP-30 needed only one run to tie the game and they had their second through fourth hitters up. VP-30's hopes of winning the base championship quickly vanished when all three batters flew out and HS-15 won the game 6-5 to win the 2001 Intramural Spring Softball Championship.



**Mike Vansmiddleworth of HS-15, the winning pitcher in the championship game between HS-15 and VP-30, sends one toward homeplate.**



**HS-15 displays their awards after defeating VP-30, 6-5, for the 2001 Intramural Spring Softball Championship.**



# STANDINGS

## Summer Basketball

<u>Team</u>	<u>Wins</u>	<u>Losses</u>
VP-30	9	1
TPU	9	1
VS-30	8	2
FACSFAC/ATC	7	4
VS-22	7	4
VP-45	5	5
HS-75	4	5
VP-5	4	6
HS-7	4	7
AIMD I	3	2
HS-15A	2	8
HS-15B	1	9
AIMD II	0	2

## Sand Volleyball

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>
CSCWL	7	0
VS-31	4	1
VR-58	6	2
CPRW-11	4	2
HS-11	1	1
ASTC	3	5
SERCC (1)	2	4
VS-32 Os	1	2
VS-32 Es	1	3
SERCC (2)	1	4

## Intramural Golf Freedom League

<u>Team</u>	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>
AIMD A	4	0	0
CPRW-11	4	0	0
VP-45 A	3	1	0
SERCC 1	2	1	0
VR-58	2	1	0
NAMTra Blue	2	2	0
FACSFac I	2	2	0
FASO	2	2	0
NAVHOSP	2	2	0
HS-75	2	2	0
NCTS	1	2	0
HS-15	1	2	0
VS-30	1	3	0
VP-45 O'S	0	3	0
CV-TSC	0	4	0

## Intramural Golf Liberty League

<u>Teams</u>	<u>Wins</u>	<u>Losses</u>	<u>Ties</u>
VP-30	4	0	0
Navy Band	4	0	0
GEMD	3	0	0
NavAiRes	3	1	0
AIMD B	3	1	0
2NDBN351	2	2	0
Blount Is.	2	2	0
VP-45 B	2	2	0
BMC	1	2	0
NAMTra Gold	1	3	0
SERCC 2	1	3	0
CSCWL	1	3	0
FACSFac II	0	2	1
NAMTra Chiefs	0	3	1
HCSO	0	3	0